

# LESSON PLAN: **ATHLETICS**: YEAR 3: WEEK 3

**LESSON OBJECTIVE:** Learn how to perform a seated overhead throw.

## **WARM UP (10 MINS)**

Pupils are to move around a marked out space which includes a number of obstacles in a number of different ways – running, skipping, side stepping. When the teacher states the word 'freeze' pupils are to stop what they are doing and hold their bodies in a freeze position.

## **MAIN LESSON (20 MINS)**

Seated Overhead Throw:

The children work in pairs with 1 ball, sat facing each other 5/6 steps apart. The children pass the ball back and forth to each other using the 'seated overhead throw' technique.

Explain that the technique for the seated overhead throw is:

- Sit facing the direction of the throw
- Hold the ball high above the head and behind the shoulder line with both hands
- Move the arms forward and release the ball

The pairs should count how many consecutive throws they can make without dropping the ball in a certain amount of time. If they drop the ball, they must start again.

**Question :** which pair can complete the most passes?

## **GAME/COMPETITION (15 MINS)**

Personal Best: Seated Overhead Throw:

Split the class into groups of 5. Each group requires a ball to throw and 6 marker cones. One cone marks the throwing spot. Each child then has a cone to record the distance of their throw. The children take turns to throw the ball from the marker cone using the 'seated overhead throw'. After their throw a member of the group marks where the ball lands with the child's marker cone. Children take turns to throw the ball and mark the distance of their throws. If a child manages to throw the ball further than their previous best throw, their marker is moved accordingly.

## **EQUIPMENT**

- Balls
- Cones
- Hurdles
- Feet/spot markers

## **KEYWORDS**

- Ball
- High
- Shoulder
- Arms
- Forward

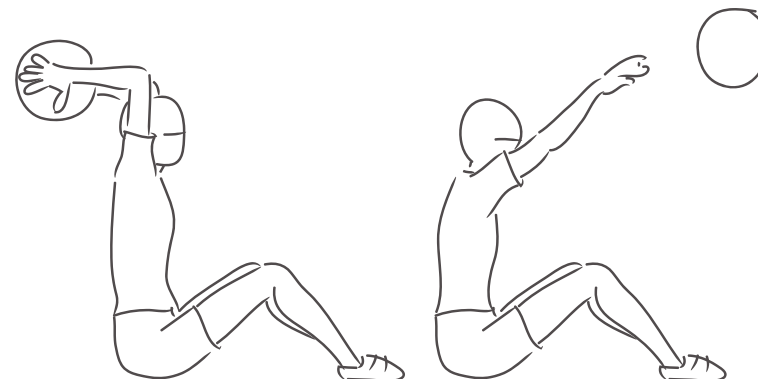
## **DIFFERENTIATION**

### **LESS ABLE**

- Move the pairs closer together.

### **MORE ABLE**

- Move the pairs further apart.



# ASSESSMENT FOR LEARNING

| CRITERIA                      |   | SKILLS  |
|-------------------------------|---|---|
| Fundamental Skills & Movement | 5 | Can they perform the seated throwing skills to a high ability?  |
|                               | 4 | Can they perform the seated throwing skills with a certain degree of control?   |
|                               | 3 | Can they perform some of the seated throwing skills, with very little control?  |
| Tactics, Rules & Teamwork     | 5 | Works with their partner & demonstrates knowledge & understanding of the task.  |
|                               | 4 | Can work with a partner & understands the directions.   |
|                               | 3 | Starts communicating with a partner.  |
| Show & Link                   | 5 | Can they link: the different skills and technique required to throw to a high ability?                                |
|                               | 4 | Can they show and link: some of the skills required to perform a seated overhead throw?                               |
|                               | 3 | Can they show knowledge of the skills required to perform the seated overhead throw, but unable to perform the skill. |
| Describe Ways to Improve      | 5 | Are able to describe and improve performance.   |
|                               | 4 | Are able to describe performance.   |
|                               | 3 | Are able to see differences in performance against a simple model.  |
| Fitness & Health              | 5 | Shows a solid understanding of why physical activity has health benefits.   |
|                               | 4 | Has some knowledge of why physical activity has health benefits.  |
|                               | 3 | Has little knowledge of why physical activity has health benefits.  |